

Application No. 10/813,923

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What is claimed:

1. (Currently amended) A golf stance stabilizing apparatus for executing a golf shot, the apparatus comprising a forward foot gripping element including means for securing a forward foot, a rear foot gripping element including means for securing a rear foot, and a stance adjustment mechanism means for adjusting the distance between said forward foot gripping element and rear foot gripping element to minimize movement of a golfer's feet and maintain said golfer's feet in a parallel configuration with respect to each other, wherein said stance adjustment mechanism is arranged horizontally between said gripping elements.
2. (Canceled) The apparatus of claim 1, further comprising an adjustment mechanism for adjusting the distance between said forward foot gripping element and rear foot gripping element.

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3. (Currently amended) The apparatus of claim 1 where in said adjustment means is comprised of two opposing, complimentary attaching means releasably connectable together.

4. (Currently amended) The apparatus of claim 1 wherein said means for securing a forward foot and said means for securing a forward foot each comprise ~~is in the form of~~ two opposing straps releasable releasably attachable to each other.

5. (Currently amended) The apparatus of claim 1 wherein said means for securing a rear foot comprises ~~is in the form of~~ two opposing straps releasable releasably attachable to each other.

6. (Currently amended) The apparatus of claim 54, wherein the two opposing straps are ~~releasable~~ releasably attached to each other by buttons or fabric.

7. (Original) The apparatus of claim 1 wherein said forward foot gripping element further comprises a base strap.

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8. (Original) The apparatus of claim 1 wherein said rear foot gripping element further comprises a base strap.
9. (Currently amended) The apparatus of claim 6 wherein said two opposing straps ~~releasable~~ releasably attachable to each other are further attached to said a base strap.
10. (Currently amended) The apparatus of claim 1 wherein said means for securing a rear foot and said means for securing a forward foot each comprise is ~~in the form of~~ a base strap and an ~~two~~ opposing straps being releasable releasably attachable to each other, wherein said opposing straps are is attached to said base strap.
11. (Currently amended) The apparatus of claim 1 wherein at least one of said forward foot and rear foot gripping elements further comprise a means for attaching an additional strap; wherein an additional strap is attached to said means for attaching, wherein the additional strap further ~~comprising~~ comprises a

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complimentary means for attachment at a first end to be releasably connected to  
said means for attaching an additional strap.

12. (Currently amended) The apparatus of claim 11,42, wherein the length of the additional strap is capable of being adjusted.

13. (Currently amended) The apparatus of claim 12, wherein the additional strap further comprises a means for attaching the additional strap to a person's leg at a second end opposite said first end.

14. (Currently amended) The apparatus of claim 11, wherein said forward foot gripping element and rear foot gripping element both comprise a means for attaching an additional strap and respective additional straps connected thereto  
~~the additional strap further comprises a means for attaching the additional strap~~  
~~to a person's leg.~~

15. (Currently amended) The apparatus of claim 14,42 wherein the additional straps further comprises a means for attaching the additional straps to both of a golfer's person's legs at a second end opposite said first end.

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16. (Currently amended) The apparatus of claim 15 wherein the additional straps extend from respective gripping elements to an opposing leg of the golfer thereby crossing and being attached at the second ends to an area near the golfer's knees ~~further comprises a means for attaching the additional straps to both a person's legs.~~

17. (Currently amended) A method of executing or practicing a golf shot, the method comprising the steps of providing a golf stance stabilizing apparatus comprising an unattached forward foot gripping element including means for securing a forward foot, an unattached rear foot gripping element including means for securing a rear foot, a means for maintaining balanced weight distribution, and a means for adjusting the separation distance between said forward foot gripping element and rear foot gripping element, wherein said means for maintaining balanced weight distribution comprises ~~is a~~ first strap capable of being releasably attached to the forward foot gripping element via a first end and a second strap capable of being releasably attached to the rear foot

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gripping element via a first end ~~selecting and straps attached to the forward and~~  
~~rear foot gripping elements of a golf shot,~~ the method comprising: placing a  
forward foot in said unattached forward foot gripping element means and  
securing said forward foot therein, placing a rear foot in said unattached rear foot  
gripping element means and securing said rear foot therein, determining an  
appropriate stance or width between said forward foot and said rear foot,  
adjusting said rear foot to said width, attaching said gripping elements together,  
attaching one of said first and second straps of the weight distribution means to  
said respective gripping element, adjusting the length of said one strap to a  
length to allow said one strap to extend to a position near the knee of an  
opposing leg and attaching said one strap thereto, attaching the remaining strap  
of said first and second straps of the weight distribution means to said respective  
gripping element, adjusting the length of said remaining strap to a length to allow  
said remaining strap to extend across said one strap to a position near the knee  
of an opposing leg and attaching said remaining strap thereto, ~~means for~~

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~~maintaining balanced weight distribution, attaching said means for maintaining~~

~~balance weight distribution to an area of the knee of said rear foot or forward foot~~

~~and rear and forward foot, and executing the golf shot.~~